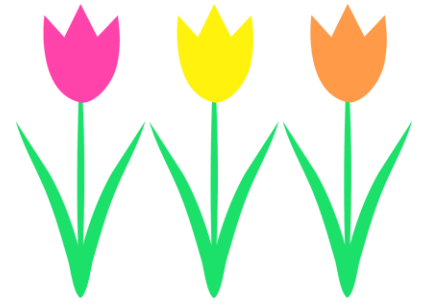


MOW Gazette

April 2016



Here's to all volunteers, those dedicated people who believe in all work and no pay.
~Robert Orben.

During April we are encouraged to recognize our community volunteers and all they do for us. Volunteering is part of our national heritage. This country has relied on volunteers from its start: Colonists banded together to survive the harsh New World, forming support groups to help each other plant crops, build houses and fight disease. Benjamin Franklin developed the first volunteer firehouse in 1736, an idea that has become the country's norm, as more than 70% of all firefighters today are volunteers. And during the Revolutionary War, patriotic citizens volunteered to organize boycotts against British imports and raise funds for the war efforts, and of course there were the famous "minute men," who were a volunteer militia. You too benefit from the daily acts of volunteers. So, in April, give a big THANK YOU to all our volunteers.

Shopper Service

The Shopper Service provides non-emergency, on-going help with weekly or bi-weekly grocery shopping and limited errands(e.g. bank, post office, pharmacy) to eligible, homebound older adults in Broome County. The Shopper Service helps those who are physically unable to shop maintain independence in their homes. There are no fees for this service, but contributions to the provider are encouraged. Contributions are used to expand the Shopper Service.

The program coordinates and matches a volunteer with an older adult. All the volunteers receive training. Service is dependent on availability of service, funding and availability of volunteers. The matching process typically takes about two weeks.

For more information or to schedule a visit to determine eligibility, please contact Broome County Office for Aging at **607-778-2411**.

Those who can, do. Those who can do more, volunteer.

~Author Unknown

Broome County
Office for Aging



Recipe Corner

Warm Lentil Salad with Sausage & Apple

Ingredients:

2 tablespoons extra-virgin olive oil, divided	1 tablespoon red-wine vinegar
1 1/2 teaspoons Dijon mustard	1/4 teaspoon salt
1/4 teaspoon freshly ground pepper	1 large clove garlic, minced
1 1/2 links hot or sweet turkey sausage, casings removed	
1 cup cooked or canned (rinsed) lentils (see Tip)	
1/2 small bulb fennel, finely diced	1/2 Granny Smith apple, finely diced
1 stalk celery with leaves, finely diced	3 cups salad greens

PREPARATION

Whisk 1 1/2 tablespoons oil, vinegar, mustard, salt and pepper in a medium bowl.

Heat the remaining 1/2 tablespoon oil in a medium skillet over medium-high heat. Add sausage and cook, stirring often and breaking up into bite-size pieces, until cooked through, about 5 minutes. Add garlic and cook 30 seconds more. Stir in lentils and heat through, about 2 minutes. Stir 2 tablespoons of the dressing into the lentil mixture and remove from the heat. Stir in fennel, apple and celery.

Toss greens with the remaining dressing. Serve with the warm lentil mixture on top.

TIPS & NOTES

Tip: To cook lentils, place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2 1/2 cups cooked. Or use canned lentils: 15-ounce can = 1 1/2 cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.

NUTRITION

Per serving: 399 calories; 20 g fat (3 g sat, 13 g mono); 53 mg cholesterol; 32 g carbohydrates; 0 g added sugars; 24 g protein; 11 g fiber; 817 mg sodium; 1008 mg potassium.

Nutrition Bonus: Folate (59% daily value), Vitamin C (30% dv), Iron & Potassium (29% dv), Zinc (25% dv), Magnesium (20% dv), Vitamin A (19% dv)



Fitness At Home

Single Limb Stand

Hold onto a chair and balance on one leg. This is a great place to begin to feel your center of gravity over your ankles.

This is your goal, maintaining your center over your ankle. Try a few seconds balancing on each foot. Work up to a minute, if you can. Then begin to hold on with one hand, then one finger and finally try to let go completely. (For this exercise, use a straight back chair, like a kitchen chair.)

The Meals on Wheel (M.O.W) Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 778-6206. The nutrition program is sponsored by the U. S. Administration on Aging, New York State Office for Aging and Broome County Office for Aging.

Broome County
Office for Aging

